

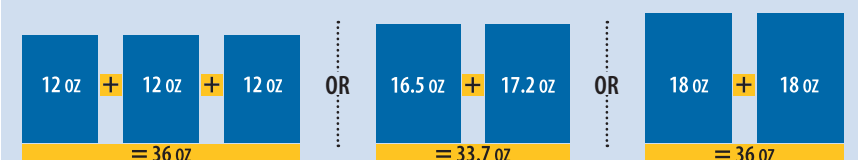
## Cold Breakfast Cereal



## Hot Breakfast Cereal



You can choose a combination of breakfast cereals up to the amount of ounces (oz) printed on the check. Examples:



### APPROVED

#### Must Be

Boxes, 11 oz to 36 oz

Plain

These brands and types:

#### Cold Breakfast Cereal

Bran Flakes:

Essential Everyday \*

Food Club \*

Fred Meyer \*

Great Value \*

IGA \*

Safeway \*

Western Family \*

Cheerios (Plain) \*

Corn Chex

Kellogg's Corn Flakes

Kellogg's Mini-Wheats,  
Unfrosted Bite Size \*

Kix (Plain)

Life (Plain)

Post Grape Nuts \*

Post Grape Nuts Flakes \*

Rice Chex

Wheat Chex \*

#### Hot Breakfast Cereal

Cream of Wheat (1 minute,  
2 ½ minute, 10 minute)

Instant oatmeal in boxes

containing individual packets:

Essential Everyday Original Flavor \*

Great Value, Original \*

Hy-Top, Regular Flavor \*

IGA, Regular Flavor \*

Safeway, Regular Flavor \*

Quaker Oats, Original \*

Western Family, Regular Flavor \*

### NOT APPROVED

#### Do Not Buy

Brands, sizes, and types not listed  
as approved

Bags of breakfast cereal

Added flavors, foods, or spices

### Shopping Tip

You can choose oatmeal in boxes  
containing individual packets  
when "breakfast cereal" is printed  
on the check.

\* These breakfast cereals are good sources  
of whole grain and fiber.